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Berrien County Health Department shares tick safety tips for people and pets during Lyme Disease Awareness Month

The Berrien County Health Department is providing tick prevention tips to community members and their pets in recognition of Lyme Disease Awareness Month.

Lyme disease is a bacterial infection spread to people through the bite of a blacklegged tick. As of 2026, 98% of Michigan's counties, including Berrien County, have a known or potential risk of Lyme disease, according to the Michigan Department of Health and Human Services.

Ticks like to inhabit shady, moist wooded and brushy areas, in high grass or ground that is covered in fallen leaves. They are generally most active during the warmer months from April through September or when temperatures are above 40 degrees.

"Each year, we work to share tick prevention tips with community members so they can safely enjoy our county's beautiful trails, beaches and other outdoor areas," said Nick Margaritis, BCHD's environmental health services manager. "Young ticks can be as small as a poppy seed, making them hard to spot, and most people don't feel them bite. This is why checking yourself, your loved ones and your pets for ticks after time outside is one of the best ways to protect against bites and Lyme disease."

To help prevent tick bites this season, the Health Department offers the following tips for community members:

- Wear long, light-colored clothing to easily spot ticks.
- Use EPA-registered insect repellents containing DEET or other approved ingredients.
- Treat clothing and gear with permethrin, an insecticide.
- Stay on the center of hiking trails, avoiding brush.
- Examine clothing and gear after being outdoors.
- Check your body for ticks once you're indoors. Using a mirror, make sure to check:
  - — In and around the hair and behind the ears.
  - — Under the arms.
  - — Inside the belly button.
  - — Around the waist.
  - — Between the legs and behind the knees.
- Shower as soon as you can after coming indoors.

"Pets are just as vulnerable to tick exposure as people, especially if they spend a lot of time in grassy or wooded areas," Margaritis said. "Regularly checking your pet can reduce the risk of ticks being brought into your home."

To protect pets from tick bites, community members are encouraged to:

- Regularly use a flea and tick preventative for pets. Ask your veterinarian for a recommendation and instructions.
- Check pets for ticks after coming indoors through visual and hands-on inspections:
  - — Run your hands over their body and feel for any bumps. Pay close attention to areas around their ears, chest, underbelly, legs and feet as well as in between their toes and around the tail.
- Lyme disease immunization is available for dogs. Ask your veterinarian if this is a good choice for your pet.

If you find a tick on yourself, a loved one or a pet, use fine-tipped tweezers to grab the tick as close to the skin as possible and slowly pull straight up with steady, even pressure. Then, wash the bite and your hands with soap and water.

A common misconception is to use petroleum jelly, heat, nail polish or other substances to get the tick to detach from the skin. These methods are not advised since they may agitate the tick, causing it to push infected fluid into your skin.

If you develop a rash or fever within several weeks of removing a tick, see your health care provider, making note of when the bite occurred and where you most likely encountered the tick.

BCHD routinely monitors for ticks in the warmer months by conducting drags at various locations across Berrien County.

For more information about Lyme disease and tick bite prevention, visit www.berriencounty.org/1779/fight-the-bite---ticks-mosquitos.com. — **STAFF REPORTS**

The practice Wisdom, is the original Antifragile.
— Dino N. Fatouros

Local Government Meetings

New Buffalo Times

Democracy Requires Transparency

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VANCE PRICE, MAYOR
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City Council meets on the 3rd Monday of each month at 6:30PM
CITY OF NEW BUFFALO PLANNING COMMISSION MEETINGS
Meets on the 1st Tuesday of each month at 5:30PM
NEW BUFFALO TOWNSHIP BOARD
HOWARD MALES, MICHELLE HEIT, MICHELLE HANNON, PATTY IAZZETTO, BARBARA ANDERSON
Board meets on the 3rd Monday of each month at 4PM
NEW BUFFALO TOWNSHIP PLANNING COMMISSION
Meets on the 1st Tuesday of each month at 6:30PM
SHERIFF BERRIEN COUNTY
Sheriff, Chuck Heit
Undersheriff, Greg Sanders
NEW BUFFALO AREA RECREATIONAL AUTHORITY
Meets at 9AM on the 2nd Wednesday of every other month (odd) at New Buffalo Township Hall, 17425 Red Arrow Highway New Buffalo
NEW BUFFALO AREA SCHOOLS BOARD
LISA WERNER, JOHN HASKINS, DENISE CHURCHILL, JENNIFER SUMMERS, VANESSA THUN, STEPHEN DONNELLY, GREG VOSBERG
The Board meets on the 2nd and 4th Mondays of each month at 6PM
CHIKAMING TOWNSHIP
CHIKAMING TOWNSHIP BOARD
DAVID BUNTE, PAULA DUDIAK, LIZ RETTIG, RICHARD SULLIVAN, ARTHUR ANDERSON
Chikaming Board meets on the 2nd Thursday of each month at 6:30PM
CHIKAMING TOWNSHIP PLANNING COMMISSION
Meets on the 1st Wednesday of each month at 6:30PM
THREE OAKS
THREE OAKS TOWNSHIP BOARD
Meets on the 2nd Monday of each month at 7PM
VILLAGE OF THREE OAKS BOARD
Meets on the 2nd Wednesday of each month at 7PM
GRAND BEACH
Meets on the 3rd Wednesday at 5PM EST
KIMBERLY WOLNIK, CLERK-TREASURER
HARRY WALDER, JACK GRACE, ED SEBASTIAN, PETER DOERR, EDWARD BRANDES
MICHIANA
VILLAGE OF MICHIANA COUNCIL
Meets on the 2nd Friday of each month at 1PM

Police asking for help in solving post prom shootings

BY STAN MADDUX

Police are turning to the public for help in solving the fatal shooting of a Michigan City High School student and the woundings of two classmates from a gun during a party after prom.

La Porte County Coroner Lynn Swanson said an autopsy Monday revealed Javon Townsend, 17, was shot in the chest, left leg and right ankle.

"The gunshot wound to the chest went through his left lung and that's the one that caused his death," she said.

The shootings happened in Porter County, but her office is in charge of the death portion of the investigation due to Townsend dying at Franciscan Health, a hospital just outside Michigan City in La Porte County.

The shootings about 11 p.m. Saturday occurred in the 1700 block of Liberty Ave. in The Pines, a town of about 700 residents about five miles west of Michigan City.

Neighbors report hearing as many as 20 or more gunshots.

"When that happened, kids were just running everywhere. There were cars scrambling trying to leave," said Mike Schnell, 70, who at the time was standing in his driveway across the street from where the shootings happened.

He estimated 40 to 50 young people were at the house, which was rented for the party.

Beginning about one hour prior to the shootings, Schnell said he went outside to tell people showing up for the party not to park their vehicles in his yard or driveway.

He was still outside informing partygoers not to park on his property when bullets started flying, including one that went through his neighbor's front door.

Schnell said he called the Porter County Sheriff's Office, which reported officers were already on their way.

"Literally, two minutes later, there was more cop cars than you ever wanted to see," said Schnell, who counted a dozen police vehicles.

He said officers would not let anyone still on the property leave or allow parents through to pick-up their children while the crime scene was being investigated.

Schnell said he later spotted a very emotional girl sitting beside some trash cans in a neighbor's driveway being consoled by the police and other individuals about her age.

"She was sobbing uncontrollably for at least an hour and a half," he said.

Schnell said it wasn't until about 3:30 a.m. when he decided to go inside and take a nap then broke down crying.

He also cried heavily enough later that he stopped reading social media posts about the shootings.

"I feel so sorry for everybody that it happened," he said.

The wounded students, Jeremiah Heard and Ginger White, were transported to Comer Children's Hospital in Chicago.

They are expected to recover.

A GoFundMe account established for Heard had raised $6,000 by early Tuesday afternoon.

According to a post from family members on the gofundme account, Heard was shot in the chest and underwent surgery with another surgery planned.

In a statement released on Mother's Day, Michigan City Mayor Angie Nelson Deuitch called the shootings tragic.

"My heart is especially with the mothers, fathers, families, classmates and friends who are grieving today instead of celebrating," she said.

She also denounced what she called harmful rhetoric, speculation and videos circulating online about the shootings.

"I want to ask our community to lead with compassion and humanity," she said.

Nelson Deuitch said the city is working closely with school officials and assisting law enforcement from Porter County on the investigation.

Police believe a fight led up to the gunfire.

Anyone with information is asked to contact the Porter County Sheriff's Office.

There is little that can withstand a man who can conquer himself.
— Louis XIV

La Porte County adopts data center restrictions

BY STAN MADDUX

Data centers must locate strictly in areas zoned for industrial purposes under a new ordinance adopted in La Porte County.

The La Porte County Commissioners on May 6 unanimously gave final approval to the ordinance, which was more than six months in the making to keep them away from residential neighborhoods.

"We want people to have their same quality of life maintained and not have something just dumped right in their backyard," said Commissioner Joe Haney.

Another purpose of the ordinance is to preserve farmland, which is often used to construct data centers.

Commissioner Steve Holifield, a farmer from the Mill Creek area, is worried there won't be enough farmland to feed the entire population someday if such ground continues to be developed into data centers, solar farms and other uses.

"We want development, but we want to use our brains as to where we put this development," he said.

Kingsbury Industrial Park along U.S. 35 is considered a prime location for a data center since there is plenty of space and it's mostly concealed from the general public.

"If we can put them out there, they will not be bothering anybody," Holifield said.

Under the ordinance, any data center wanting to go into an industrially zoned area will still have to be granted a zoning variance by the La Porte County Board of Zoning Appeals as an extra layer of protection.

The ordinance contains setback requirements, outdoor lighting restrictions and other things like maximum noise levels similar to the volume of a kitchen refrigerator.

The ordinance also calls for studies to forecast the impact of any dewatering on the environment and ground water levels at surrounding properties.

Dewatering is done if there's a need to keep a site dry while it's under construction.

Holifield said any dewatering in the plans would also have to be explained to the BZA as part of the standard information gathering before decisions are made on projects.

"We wanted one more step in the process. One more guardrail," he said.

The ordinance applying only to the unincorporated areas of the county was approved before any data centers were officially proposed.

Haney said the ordinance has some areas where it can be improved mostly in terms of language; however, getting it in the books now was important so it can be applied in case any data centers seek permission to build in the future.

"It's not the final set of guardrails that I'd like to see. There's definitely more that we need to do but it's a great first step," he said.

Resident Deborah Bell, who lives on the south side of La Porte, expressed support for the ordinance while denouncing a Microsoft data center that just recently started going up and another one Microsoft has planned next to it not far from her home.

Among her concerns is having to listen to the "constant hum from these data centers. The data centers are not in my back yard but they're pretty close," she said.

Commissioner Connie Gramarossa, who was instrumental in forming a data center committee in the fall to help put together the ordinance, said the ideal spot for any data center wanting to locate here is Kingsbury Industrial Park.

"There's a place for them. They just have to be put in the right spot. This is not something we want next to somebody's home," she said.

Craig Berry slides into home during a New Buffalo little league scrimmage

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SCHOLASTICS

School board approves hiring of communications director, social worker

BY FRANCESCA SAGALA

Members of the New Buffalo Area Schools Board of Education approved the hiring of a communications director and elementary social worker at their Monday, May 11, meeting.

Board members approved of the hiring of Jonny Reinhardt, who's been working with students for the past couple of years with the radio station, for communications director.

"Johnny has some great ideas, he has some great connections throughout the entire Berrien County especially with his history of being with the radio business for 20 plus years," Superintendent Adam Bowen said.

"Johnny has some great ideas, he has some great connections throughout the entire Berrien County especially with his history of being with the radio business for 20 plus years," Superintendent Adam Bowen said.

He added Reinhardt will be aiding in increasing "communication and the branding and telling our story," and will be working with their marketing team.

Board members approved the employment of Abigail Anderson for the position of elementary social worker, pending completion of a background check.

Bowen said Anderson hails from Elkhart, Indiana, and is "newer to the industry, which is good."

"She seems very knowledgeable, that's one thing I was very impressed with when I was interviewing with her," he said.

Board members adopted the 2026-2027 fiscal budget.

In a General Fund Budget Hearing held before the regular meeting, business director Pano Arvanitis said that, on the general fund revenue side, local revenues should be approximately $20,322,684; $2,022,219 on the state side; about $85,000 on the federal side and about $108,000 for other local revenue. Total projected revenues are $22,537,903.

For expenditures, 70 percent of expenses are projected to be payroll and benefits and 30 percent for other operating expenses, with total projected expenditures being around $23,362,037.

Board members approved the proposal from IBID for the middle/high school boiler replacement in the amount of $378,265. Bowen said TowerPinkster helped with the bidding process. Director of Operations Mark German added that construction probably won't commence until summer, and boilers should be running by September.

Board members approved the proposal from Lyster Exteriors for the middle/high school roof replacement in the amount of $476,650. German said work will be all shingle roof areas, with work taking place this summer.

The proposal from Chorba Asphalt Paving LLC for the MS/HS West Parking Lot and Transportation Parking Lot asphalt paving project in the amount of $409,000 was approved. German said this includes the west lot, scheduled to be done by the end of June and the transportation lot, which will be done the following weeks.

A baseball/softball press box proposal for $173,000 from Southern Bleacher Company, Inc. was approved.

Board members heard a Fine Arts presentation. Curriculum director Sam Stine said the district's fine arts department's teachers studied their curriculums and made decisions on "things needed to take their program to the next level."

Elementary music teacher Janelle Foulk said she's requesting the purchase of MusicPlay Online, a supplemental curriculum, as well as New England Dance Masters' Folk Dancing Song Books, ukuleles to add to the classroom set and the replacement of percussion instruments.

Elementary art teacher Erin Ledyard said she's looking to purchase the Art of Education Curriculum Suite, which includes a curriculum that supports each grade level and professional development.

As part of a six-year replacement plan, middle/high school band teacher Ayrielle Hoyt is requesting the replacement or repair of any instruments that students need, updating all their books and music stands and replacing the entire drum line.

Regarding the vocal/chorale curriculum, Chris Beushausen said she'd like to be able to offer a full year of choral experience. She's also looking to purchase music theory resources, vocal music literature books, upgraded microphone and music stands and would like to be a part of the Michigan School Vocal Music Association.

Regarding theatre's curriculum, she's looking to purchase theatre textbooks, including middle school ones to jumpstart middle school drama classes and that dues are needed to participate in the Michigan Educational Thespian Association.

Board members approved the sale of the Building Trades house, located at #50 Diamond Point.

The 2026-2029 New Buffalo Education Personnel Association Contract was approved.

The annual Operation Agreement for Participants Involved in the La Porte County Career and Technical Education Area Vocational District #6 was approved.

Board members approved certifying the 2026 tax levy to the City of New Buffalo, New Buffalo Township, and Chikaming Township.

Board members approved the resolutions complying with the Publicly Funded Health Insurance Contributions Act (152) for the medical benefit plan coverage beginning July 1, 2026, which includes district employees paying 20% and New Buffalo Area Schools paying 80% of the premium, in lieu of capping the premium.

Board members approved cancelling the June 22 board meeting.

Woman charged with tattooing boys

BY STAN MADDUX

A La Porte woman allegedly forced a young cousin to smoke marijuana and cigarettes before giving the boy and one other similar age cousin tattoos.

That's the picture drawn by the allegations faced by Autumn Timm.

Timm, 22, is charged in La Porte Circuit Court with two counts of Level 5 felony battery and two counts of Class A misdemeanor tattooing a minor.

According to the charging information filed with the court, Timm on Feb. 17 picked up her 11-year-old cousin to stay the night at her residence but first drove to a friend's house in Michigan City.

The boy told investigators he was dragged by his legs to join several people in the home who formed a "smoking circle" and was only allowed to leave the circle after smoking marijuana, police said.

According to the charging information, Timm and the boy later picked up their 12-year-old cousin and returned to Timm's residence for the sleepover.

The next morning, police said the boys went into Timm's bedroom where she was giving herself a tattoo.

She then offered to put tattoos on each boy, saying they would be concealed and to keep it a secret so she wouldn't get in trouble.

Each boy told police they asked Timm to quit tattooing them because of the pain, but she refused to stop, according to the charging information.

Authorities said Timm later went back to the same residence in Michigan City with the boys where they were forced to smoke marijuana and cigarettes.

The charging information also revealed the mothers of both boys called police less than two weeks later after learning about the tattoos and the other alleged activity.

Upon arrival, police said officers spotted numerous tattoos on each victim, including the images of a sun and smiley face on their hips.

Police said drug tests of the boys by their parents turned up positive for marijuana.

During her initial court hearing on May 6, Timm was appointed a public defender to represent her in the case and was given an Oct. 13 trial date.

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Raiders split doubleheader with Titans in softball

The Red Arrow Raiders came back to split a doubleheader against Michigan Lutheran in girls' high school softball on Monday, May 11.

After a first game 9-4 loss at home, Raiders Head Coach Erick Rochefort had a talk to his players about the seven runs the Titans scored on six errors from his team.

"I told them that they're better than that, which they are. They're better than that team, which they are, and they need to come out and show it in the next game," he said.

The Titans had two runners on base from walks when they were driven home by a single in the top of the first inning.

The Raiders scored in the bottom of the first inning after Adalyn Russell reached base on a bunt single and was driven to third base on a bloop double to center field from Johnna Rochefort.

Russell a few batters later crossed the plate on a wild pitch.

The Raiders evened the score in the third inning when Rochefort after a single to center field scored on a wind blown fly ball from Addison Lynch that was missed by the right fielder.

Starting pitcher Greta Vollman retired six batters in a row until the fourth inning when the Titans led off with a double to left field.

The next batter grounded out but a run scored when the next three hitters reached base from being struck by a pitch, a fielding error and a walk.

Two more runners crossed the plate when a thrown ball from third base to the plate for a force out was missed by the catcher.

The Titans scored the final two runs in the inning on a single to center field.

BY STAN MADDUX

The Raiders came back in the bottom of the inning to score a run on a double by Emerson Collins, who was driven home by a single to right field by Laney Strother.

The Titans scored two more runs in the seventh inning when their first two batters walked then scored on a bad throw of a batted ball to first base.

The Raiders in the bottom of the inning showed early flashes of a possible comeback on a lead-off double to right field by Rochefort.

Rochefort reached third base when the next hitter, Lynch, hit a wind-blown fly ball that safely dropped into left field.

She then scored on a sacrifice fly ball to center field from Ella Lijewski.

The game ended when the next two batters for the Raiders struck out.

Rochefort said Lynch at third base and some of his other fielders also made some nice plays on defense.

"Just too many errors. It ate us up," he said.

The Raiders improved to 12-10 by winning the second game, 6-4, behind the pitching of Lijewski, who went the distance.

Lynch drove in three runs with a double and triple while Rochefort, who had a single and double, drove in a run.

Strother also drove in and scored a run.

From the Bleachers

COLUMN BY KURT MARGGRAF IN CHICAGO

The MLB season, believe it or not, is one fourth complete, and the Chicago teams are doing quite well.

As of Sunday night, the White Sox are in second place, only one game out of first, and they're playing like a team ready to compete. The addition of some young players and signing of key free agents has given the team a whole new look. After three terrible seasons in a row, when they lost over 100 games, they appear to be coming out of their funk.

The Cubs have been tearing it up, with two ten game winning streaks in the first forty games. Unbelievably, they're playing so well despite the fact that they are missing their top three starting pitchers and a slew of relievers. The everyday lineup and bench are performing way above expectations.

Until the last two games against Texas, they were making great defensive plays and hitting the ball all over the park, particularly in the clutch. Part of their most recent winning streak included three straight walk off victories. Signs are pointing to a fun summer of baseball in Chicago.

The NBA draft lottery was held in Chicago Sunday, and the Bulls came away with the fourth pick, even though they only had a 20 percent chance of a pick that high.

Bryson Graham, the teams new lead executive, will end up with a player that has a chance to be a superstar. They also have the number 15 pick and two picks in the second round

They should be a lot tougher, bigger, stronger, and more athletic than they have been since the days of Michael Jordan and company. The Bulls have to hire a coach, and there is some chatter they could be interested in former coach Tom Thibodeau, and I believe that move would be embraced by the fans.

I'm writing this column on Sunday night like I usually do, but this particular Sunday night is special because it's Mother's Day.

My mom passed away in 2011 at the age of 91. She was a star of a human being, and a superstar of a mother.

She and my dad successfully raised four kids, two boys and two girls, to be contributing members of society. My wife had the same attributes, as does my daughter, daughter-in-law, other family members, and many friends.

After stopping to think about it, women are awesome. The ones who become mothers and those who can't or choose not to. They do so much of the work, most of which is under appreciated, and often get little or no credit.

So the next time you see your mom, or one of the other important women in your life, don't forget to let them know how much you love and appreciate them.

Adam Rippon said, "What defines me is what my mom always taught me: to treat everyone with respect, to always be a hard worker, and to be kind."

Talk to you next week. Peace, love, and happiness.

Sports is like a war without the killing.
— Ted Turner

Raiders rally to defeat Michigan Lutheran in baseball

BY STAN MADDUX

After a doubleheader loss at Michigan Lutheran last week, the Red Arrow Raiders in a thrilling comeback defeated the Titans in extra innings Tuesday, May 12, at New Buffalo High School.

Starting pitcher Drew Bowen had seven strikeouts in his first four innings but he was taken out in the fifth inning when he walked the first two batters then gave up a single to load the bases.

Colten Lijewski struck out his first batter but two of the runners he inherited scored on a fielder's choice and walk from the next two batters.

Three more runs then scored on a pitch that got passed the catcher and a single to center field.

In the bottom of the inning, the Raiders scored twice to trail 6-3 and tied the game by scoring three runs in the sixth inning.

One of the runs was scored by Lijewski who reached base on a fielder's choice then advanced to second base on an infield single by Lucas Thun.

Lijewski on third base following a walk then scored on a wild pitch.

A short time later, Thun tried giving his team the lead on a wild pitch but was thrown out trying to reach home plate from third base.

Michigan Lutheran went up by a run in the seventh inning, but the Raiders evened the score in the bottom of the inning when Jeff Tertel after hit by a pitch advanced to third base on a bunt single and bad throw to first base.

Tertel later found himself in a run down when he slipped going down the third base line, but he scored easily on a bad throw to the catcher.

In the extra inning, the Titans failed to score but the Raiders with the bases loaded won the game when Brody Nikkel walked, allowing Bowen to score from third base.

The Raiders improved to 12-7 on the season.

Celebrating a Grand Floral Parade in St. Joseph, Benton Harbor

BY FRANCESCA SAGALA

Spring was in full bloom during the 120th annual Blossomtime Grand Floral Parade in St. Joseph and Benton Harbor Saturday, May 10.

The parade featured over 100 units, including bands and color guards from area school districts, floats, clowns, costumed characters, antique cars, equestrian units and the famed Indianapolis Metropolitan Police Motorcycle Drill Team.

The 2.5-mile parade begins at Pearl and Main streets in St. Joseph and runs along Main Street to Ship Street before continuing over the Bicentennial Bridge into Benton Harbor, where it heads down Main Street South Haven and ends at 5th Street.

Bridgman's high school band marches in the parade

Blossomtime royalty, courts and contestants ride aboard their float

New Buffalo's Blue and Gold Band marches in the parade

New Buffalo royalty rides aboard their Dublin, Irish themed float

Bridgman Royalty rides aboard their float

Pokagon Tribal Dancers perform

A Daughters of the American Revolution float rides in the parade

Berrien County Sheriff's Department Mounted Division makes an appearance

Chicago-based South Shore Drill Team marches in the parade

Michiana Clowns entertain

Blossomtime Festival royalty rides aboard their float

Three Oaks and River Valley royalty rides aboard their float

The Southwest Michigan State Farm Float

From the Dish Pit...

A HIGHSCHOOLER'S TAKE ON REAL LIFE TOPICS

BY SYLVIE DARLING

Why Wait?

In the summertime, the parking lot is crammed with cars, the countertop is crowded with cups, and the shop is packed with people. Most days, the line creeps out the door; and I weave around it with my bus bin, dodging young kids and beach bags and clusters of adults. As I slipped into the Dishpit one afternoon, I heard a customer ask how long the wait would be. Seconds later, he muttered, "Guess I'll head over to Biggby instead." I told my dad about the interaction that night and asked him how we could speed up the line. He just shrugged. "But aren't you worried about losing customers?" I demanded. My dad smiled knowingly. "People will wait for good coffee."

In my last article, I touched briefly on the idea of waiting. It can be frustrating, uncontrollable, and almost always avoided. I claimed that our fast-paced culture prevents us from waiting, yet spring forces it upon us. Reading through the article again, however, I came away with more questions: Why do we resist waiting? And how could embracing it help us discover the unknown beauty I had alluded to?

Our high-speed society is a major contributor to this lack of patience. Services such as Amazon Prime, Doordash, and Apple Pay have shortened wait times and, in turn, reduced our attention spans. The underlying issue is not our inability to wait, but our desire to be productive. Modern hustle culture has taught us that moments of idleness are "unproductive" and has crafted such innovations to minimize them. Waiting a week for your package? Unnecessary. Spending 20 minutes cooking a meal? Pointless. Even waiting in line for real, quality coffee – which was grown across the world, roasted by hand, and assembled by a passionate barista? Inefficient. After all, you could find caffeine down the road with a 5-minute wait. In essence, the real reason we hate waiting is that we consider it unproductive.

At this point, you may be wondering: why wait? What makes a 20-minute latte more delicious than a 5-minute latte? Harold Schweizer, author of "On Waiting," speculates: "Waiting adds value to objects and experiences. It gives people time for thinking, inspiration, and regeneration. Without this investment of time, whatever you do will feel hollow." My dad had already learned this secret. While I viewed the long lines as an inconvenience to the customer, he saw them as an investment. Watching the barista grind the coffee, steam the milk, and top it with an intricate design – this was the investment. And your "wasted" fifteen minutes were forgotten the second you sipped the foam and the rich, sultry layers of espresso streamed into your mouth. The second you were reminded of the sunwarmed hands that grew the beans and weathered ones that ground them and the steady ones that prepared them. This is the true beauty of waiting. And if we embrace it, maybe our lives will start tasting more delicious.

LOCAL INTELLIGENCE New Buffalo Times — SINCE 1942 —

A Writer's Life...

DURING THE GOLDEN AGE OF TELEVISION ANIMATION

BY JACK OLESKER

Ready, set...

Writers were (and still are) often an insecure lot. I was a little more secure than most DIC writers because I was becoming increasingly valuable to Jean and Andy. But I knew things could turn in a heartbeat. Mert, and also Sandy Fries and Jeff Rose, the last two whose departures I'd reluctantly but out of necessity had a hand in, showed how tenuous staff writing positions could be. You were only as good as your last series, and sometimes, as Sandy had learned, you could get cut in the middle of a series.

So as I walked toward Lori's office it occurred to me her summons could go either way. I drew a calming breath. As I sometimes did, I was overthinking it. I told myself there was no reason this meeting was going to end up anything other than great.

I knew I was right as soon as I walked into Lori's office to find her sitting at her desk with a big Cheshire cat grin on her pretty face. As I've said, Lori liked to jerk writers' chains once in a while to remind us who was in charge. But I honestly think what she liked best was delivering good news, and I think she liked that best because she genuinely liked writers. Heaven knows we all liked her.

Lori started with a somewhat belated update on our meeting at Mattel. "Kaaren and Debra like you."

I teased, "Of course they do. I'm good looking."

She grinned wider, then added, "And talented."

I nodded with, "Thank you."

She waited for a long silent moment during which I could feel the jerk on my writer's chain.

After a few seconds, Lori said, "I've got a new series for you. It's custom made for you. It's called Lady LovelyLocks and the Pixietails. American Greetings created it, and Mattel is handling the toy-line, just like Care Bear and Popples. And you know they're all crazy about your writing and story editing." My chest was pounding.

Lori passed me a brief sell sheet explaining the series concept. I was delighted to find it took place in medieval-like times. I'd always loved period pieces. I also liked that the series had a female lead. I felt there was a void of properties featuring females as the lead characters. I believed girls needed female role models to look up to so they didn't grow up believing only men could be the heroes. Lady Lovely Locks -- Princess of the Kingdom of Lovely Locks -- fit that bill. I'd learn Lady Lovely Locks was brave, courageous, adventurous and "dedicated to keeping her kingdom safe from its enemies."

That she was aided by tiny, magical fairy rabbit characters called Pixietails, who helped her during times of need, made the series all the more adorable. Lady Lovely Locks' best friend, Maiden Fair Hair, had of her own Pixietails that resembled tiny squirrels. And as if that wasn't enough, Lady Lovely Locks was accompanied by tiny baby dragons on missions against the wicked Duchess Ravenwaves and her Hairball and Comb Gnomes!

Lori said I was to write a series bible. She wanted me to hand out some episodes assignments that I'd story edit. But Mattel and American Greetings were comfortable with me writing as many episodes as I wanted.

It was music to my ears.

HOROSCOPE

MAY 14-20, 2026

AS INTERPRETED BY SANDY "STAR" BENDT

ARIES MARCH 21—APRIL 19

You are going to meet a very interesting person that will have an unusual affect on your emotions. Your fiery passionate side will be tempered with lighthearted affection and a deep friendship is possible here. Intellectual competitiveness will be very much enjoyed by you both; good mental connection.

TAURUS APRIL 20—MAY 20

Love, passion, intensity and natural charm are highlighted this week. It is time for you to get out and meet people. Start new things. They say life is like a box of chocolates, you never know what you're going to get. That is reason enough to take a bite of every piece and put the one's you don't like back in the box.

GEMINI MAY 21—JUNE 21

Making money and getting ahead in the business world will come easy this week. You are in position to make positive impressions on higher ups and people of influence. Don't hold back any ideas because you are having insights others cannot comprehend at this time. Trust your power.

CANCER JUNE 22—JULY 22

Psychic impressions and inner knowings will actually bring you into a more clearer state of awareness now. It is when you align rational thinking with unexpected insights that you find solace. The universe operates on coincidences and rhymes that need to be understood quickly without too much thought.

LEO JULY 23—AUGUST 22

Expect to feel a balancing between two opposing forces this week, like extravagance and a flare for saving money or passion and reserved enthusiasm. Use this as an opportunity to find those long sought after valuable items in unexpected off beat places. Maybe at a community yard sale.

VIRGO AUGUST 23—SEPTEMBER 22

Determination is essential when it comes to producing the desired outcomes you are wanting from others. Too many emotions could be clouding some of the agreements and plans you have made a serious commitment to. It is time to take a breather and take a weekend or two for yourself.

LIBRA SEPTEMBER 23—OCTOBER 22

You will be daydreaming of romantic faraway places this week. You will be experiencing a need to travel and rekindle your current love affair. Take the opportunity to create a delicious meal or a cozy retreat for two this weekend. If you are out solo, luck will be with you in all social settings.

SCORPIO OCTOBER 23—NOVEMBER 21

You may feel forced into feeling you cannot be totally honest with certain people due to their strong opinions. There is a bully vibe or a dominant energy here that you would rather avoid dealing with this week. Choose peace and tranquility over being a teacher of life's lessons.

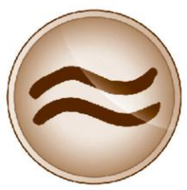
SAGITTARIUS NOVEMBER 22—DECEMBER 21

There will be plenty of unafflicted energy coming your way this week which will make it easier for you to focus on tedious or detail oriented tasks. Patience and calmness are not usually associated with the archer but your ability to strike at the most opportune moments come from a calm, still mind.

CAPRICORN DECEMBER 22—JANUARY 19

Being part goat and part fish makes you a very adaptable creature. You are rational but quite emotional too. It is easy for you to fall in and out of love. You may daydream and have a head full of romantic fantasies but once you've determined someone is no good you are done.

AQUARIUS JANUARY 20—FEBRUARY 18



You have a very serendipitous week ahead of you. Don't judge this time period until it is over because you may think things are chaotic and nothing is appearing to make sense but actually you will stumble onto some very advantageous situations. One wrong turn could put you in the right place.

PISCES FEBRUARY 19—MARCH 20

You are experiencing a deep and purposeful force that is driving you to transcend boundaries and find new outlets. It is important for you to make changes and see how much can be gained from getting out of routines and being more spontaneous. Choose to take the alternative and expect to see new outcomes.

In anger we should refrain both from speech and action.
— Pythagoras

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Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

7			9					6
			2	7				
	6				3			2
	9				8	7	2	
	5						8	
6			1				9	3
	8					1		
				8				
3					2			

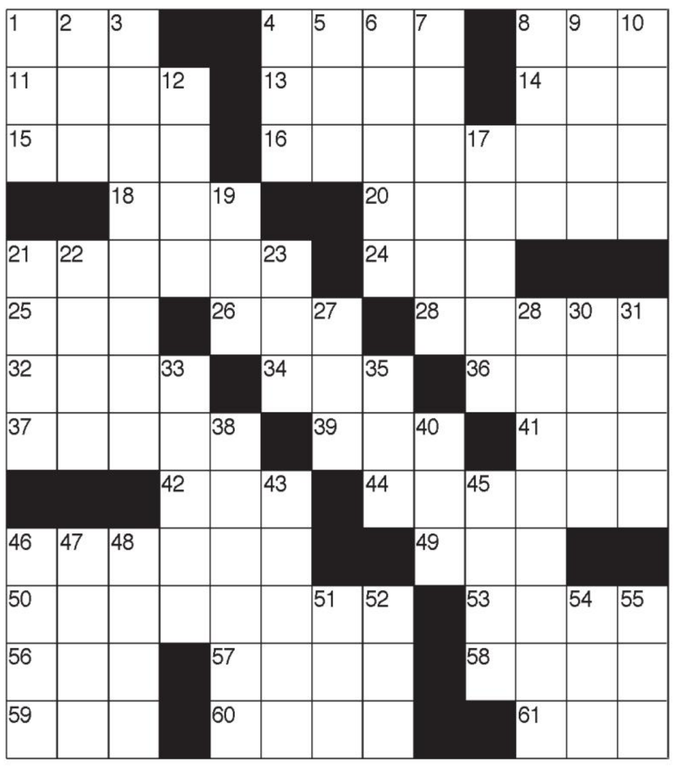
CROSSWORD PUZZLE

ACROSS

1 Lou Gehrig's disease (abbr.)
4 Defensive ditch
8 Anglo-Saxon letter
11 Poverty
13 Kemo ____
14 Hemp shrub
15 Hillside (Scot.)
16 Dowdy
18 Public Roads Admin. (abbr.)
20 Bits
21 Transpire
24 Long ago
25 Whenever (in prescrip.)
26 Related by blood
28 Tidal bore
32 Period of denial
34 Measure of quantity (abbr.)
36 Sediment
37 Star in Perseus
39 Council for Econ. Advisors (abbr.)
41 Nat'l Basketball Assn. (abbr.)
42 Strike
44 Gift (Fr.)
46 Becomes
49 Remote
50 Depots
53 Son of Loki
56 California (abbr.)
57 Crude metals
58 Young bull: Brit.
59 School organization (abbr.)
60 Votes
61 Environmental Protection Agency (abbr.)

DOWN

1 Air waybill (abbr.)
2 Malay gibbon
3 Nibbling
4 Master of Science in Forestry (abbr.)
5 Hand propeller
6 Maltreat
7 Synagogue
8 Heroic
9 Twilight
10 Exclamations of doubt
12 Manmade protective mound
17 Foot lever
19 Rom. bronze
21 Haw. dance
22 Brother of Cain
23 Var. of Nicholas
27 Board of War Communications (abbr.)
29 Produce
30 Var. of Rebecca
31 Son of Isaac and Rebekah
33 Book of the Apocrypha
35 Detective
38 Liquid medicinal preparation
40 Army Air Forces (abbr.)
43 Skin disease
45 In (Fr.)
46 Brotherhood of Sleeping Car Porters (abbr.)
47 State (Fr.)
48 FDR's dog
51 Marshal of Napoleon
52 Selective Service System (abbr.)
54 Run-of-paper (abbr.)
55 Estimated time of arrival (abbr.)



ST. MARY OF THE LAKE FAMILY FESTIVAL RETURNING MEMORIAL DAY WEEKEND

St. Mary of the Lake Parish will host its annual Memorial Day Weekend Family Festival Friday through Sunday, May 22–24, inviting the community to kick off summer with three days of rides, food, games, and family-friendly fun.

A longtime Harbor Country tradition, the festival features carnival rides by Anderson Midways, festival food and treats, games for all ages, and a popular parish bake sale taking place Saturday and Sunday.

The weekend will begin Friday, May 22, with a Jubilee Mass at noon, followed by a procession and festival blessing. All are welcome to attend.

Festival hours are 1-10 p.m. daily at St. Mary of the Lake in New Buffalo.

Presale wristbands are available for $25 and can be purchased online.

For more information and tickets, visit www.stmarynewbuffalo.org.

— STAFF REPORTS

PUBLIC NOTICES

SCHOOLS OF CHOICE ENROLLMENT OPENINGS FOR 2026-2027

New Buffalo Area Schools is accepting applications for enrollment for those students who do not reside within the New Buffalo Area Schools' boundaries, pursuant to Section 105 of the State Aid Act, subject to available space.

Parent/Legal guardians may identify building preferences; however, assignments will be based on available space.

If more students apply for enrollment than there are available slots, preference will first be given to siblings of students currently enrolled in the program based on random draw and then other applicants randomly selected.

SCHOOLS OF CHOICE
ENROLLMENT OPENINGS
FOR 2026-2027
Kindergarten - 10
1st Grade - 10
2nd Grade - 10
3rd Grade - 10
4th Grade - 5
5th Grade - 10
6th Grade - 5
7th Grade - 5
8th Grade - 10
9th Grade - 5
10th Grade - 10

APPLICATION DEADLINE:
June 15, 2026

DIRECTIONS:

1. The parent or legal guardian must complete the online application available at www.nbas.org under Student Resources, or by using the link below: www.app.informedk12.com/link_campaigns/application-for-schools-of-choice-or-tution-students?token=42jTS9RSVHx2gLLrvxkmVABT

2. The completed application MUST be received by the Superintendent's office no later than Monday, June 15, 2026.

3. You will be notified of acceptance in a timely manner, no later than June 30, 2026.

4. Questions regarding the Schools of Choice Program should be directed to the Superintendent's office at 26- 469-6010 or dwysocki@nbas.org

A Day in the Life

SNIPPETS FROM A SICK MIND...

BY LAWRENCE VON EBELER

For those not in the know, I have been given six months to live out this charming life. Shocking isn't it? Then why do I feel calm in spite of that news? There are givens that come with that news. Such as friends who want to have a Celebration of Life Party before the fateful event. Do you really celebrate, or should it be something more civilized? Since I was known for my parties it was okay to suggest it I guess or would it be an evening of long faces and sympathy? Not for me. My vote is for a party atmosphere.

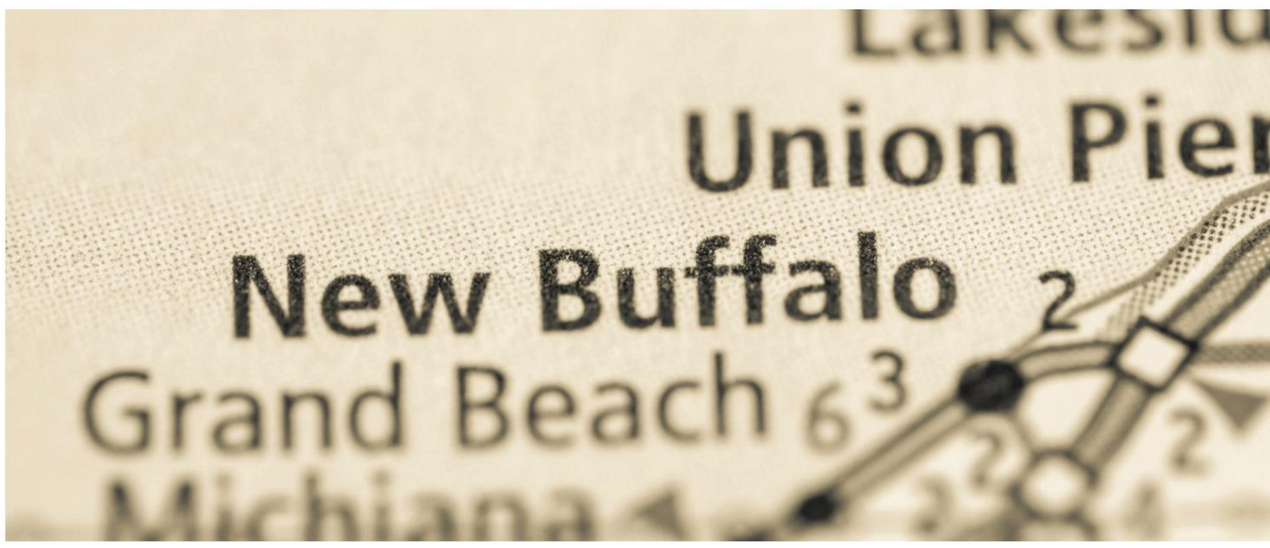
It's all a matter of mind over matter to some degree. I am working on specifying my possessions to family and friends. None of whom want anything but they're getting them anyway. My best friend in California is taking the project photos for a one-man show in Paris. That's nice. He also wants my Wassilly chairs, for what I do not know. He has a dozen in every color.

My brother could care less about getting anything but I am giving him all of the framed family photos anyway. He will appreciate them eventually as I have with the mounting years. There are a million.

The massive cookware collection, the sculptures, the various china sets, all of the the NY collections are up for grabs. Maybe I should have a house sale before. "HOUSE SALE BEFORE HE CROAKS! How does that sound? I can see them now!

It's now 5:30AM, my latest bedtime it seems. I actually had to be awake anyway in order to keep the ingestion of the various drugs on schedule (every eight hours). If you're timely, it's not easy.

I've been sorting old high school photos. What a trip. I offered to do the "57 Class reunion this past summer and I was ridiculed for suggesting we play like it was an old class Prom with dancing and singing plus a blown up display of old high school Senior pictures (I have them, like an old photo bulletin board) and nice flowers on tables, a drink station too. It was quickly shut down for those ideas. The reason? They thought we were too old for something like that. I thought "Moonlight "Serenade" could be the theme... an old prom theme. I thought it would be fun to dress like the 50"s too. I was soundly ridiculed for suggesting such outrageous ideas. It doesn't matter now. I won't be going to any class reunions this year.



Dunes Arts Summer Theatre opens 75th season with murderous comedy, 'DeathTrap'

Dunes Arts Summer Theatre will launch its 2026 season with Ira Levin's wildly entertaining thriller-comedy "DeathTrap," opening Friday, May 29, and running through Sunday, June 14.

Written by legendary suspense master Ira Levin — the acclaimed author behind "Rosemary's Baby" and "The Stepford Wives" — "DeathTrap" became one of Broadway's longest-running thrillers thanks to its razor-sharp wit, shocking twists and deliciously dark sense of humor. "DeathTrap" also reunites Kevin Lee Geise and Janet Davies, who previously shared the stage in Dunes Arts Summer Theatre's 2025 production of "Misery."

Set inside a secluded country home lined wall-to-wall with antique murder weapons, "DeathTrap" follows Sidney Bruhl (Geise), a once-successful playwright desperate for a comeback after a string of flops. When an irresistible script arrives from former student Clifford Anderson (Michael Bond), Sidney recognizes a guaranteed Broadway hit — with one problem: he didn't write it.

Michael Bond is a versatile stage actor based in southwest Michigan, with experience spanning contemporary drama, classic works and musical theatre. He most recently appeared as Dr. Gibbs in "Our Town" at The GhostLight Theatre and Edward in "Sense & Sensibility" at Twin City Players, continuing a body of work that blends classic and contemporary storytelling. He has frequently collaborated with The GhostLight Theatre, where he also serves as president of the board of directors, performing in "The Minutes," "Significant Other" and "The Sound of Music" with the Southwest Michigan Symphony Orchestra.

Janet Davies spent 43 years as a television journalist in Chicago, Philadelphia and Cincinnati before retiring to the rural life of southwest Michigan. She spent 37 years at ABC7 Chicago as a reporter, host and executive producer, where she created and produced the Emmy Award-winning, No. 1-rated "190 North." Viewers also spent three decades with Davies during ABC7 Chicago's live New Year's Eve broadcasts. Nominated for 81 regional Emmy Awards, Davies has won 18 for hosting, producing, writing and reporting. She currently serves as board chair of The Acorn Center for the Performing Arts and is also a committee member of the Three Oaks Flag Day Parade. Davies holds a degree in communications and theatre from Miami University and is grateful to Dunes Arts Foundation for giving her the opportunity to put it to use again.

Kevin Lee Geise has worked as an actor, director, designer and vocalist for more than 40 years, appearing on stages throughout the region as well as in multiple films, most recently "Grave Deceptions" and "The Girls of Summer." A graduate of Players Workshop of The Second City, Geise returned to his Dunes home last year as Paul in the highly successful production of "Misery" following an 11-year hiatus. Geise is best known at Dunes Arts Foundation for his 18 years of service as a director, actor, board member and past president. His directing and acting credits include "Guys and Dolls," "Godspell" and "Hair," as well as regional premieres of "Jekyll & Hyde," "The Who's Tommy" and "The Rocky Horror Show." Many audiences also remember his unprecedented six-run portrayal of Jesus in "Jesus Christ Superstar." Geise is especially proud of his nine years as director of the theatre program at Portage High School, where he helped instill a love of theatre and performance in future generations.

Jann Iaco is thrilled to return to Dunes Summer Theatre, where she last appeared in "Other Desert Cities" in 2018. Iaco has performed at numerous Chicago-area theatres, including Raven Theatre, Lifeline Theatre, Griffin Theatre Company, First Folio Theatre, The Trance, Chicago Dramatists and Fourth Wall Theatre Company, where she received a Jeff Citation nomination. She previously taught acting at the Victory Gardens Theater Training Center and worked as a stage manager at the Guthrie Theater. Iaco holds an MFA in directing from the University of Minnesota and is a CPTD (Certified Professional in Talent Development).

Steve Koselka graduated from Marquette University with a degree in theatre and has worked professionally with American Players Theatre. Over the past 20 years, he has appeared in numerous stage productions throughout the region. Koselka's passion has always been theatre, and he welcomes every opportunity to perform.

Performances of "DeathTrap" will take place at Dunes Summer Theatre, located at 288 Shady Oak Drive in Michiana Shores, Indiana. Showtimes are Fridays and Saturdays 7 p.m. CT, Sundays 2 p.m. CT. Tickets and full season information are available at www.dunesarts.org. — STAFF REPORTS

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Satellite chamber office to be located in New Buffalo

A new satellite office, located at 24 N. Whittaker Street in the heart of downtown New Buffalo, will be located for the Harbor Country Chamber of Commerce.

The new space is slated to open in early summer 2026 and will be shared with Cornerstone Alliance. This new location represents an exciting new chapter of growth, collaboration, and visibility for both organizations.

The satellite office space is generously provided by CopperRock Construction Executive Homes and will serve as a highly visible, welcoming presence for residents, businesses, and visitors throughout Harbor Country. Positioned along New Buffalo's vibrant downtown corridor, the location will function as a shared hub for economic development, business support, and community engagement.

The Harbor Country Chamber of Commerce expressed strong enthusiasm for the initiative, viewing it as a strategic investment in the region's continued growth and vitality.

"This is exactly the kind of opportunity we've been looking for," said John Bonkoske, board chair of the Harbor Country Chamber of Commerce. "A high-visibility location in downtown New Buffalo means we can better serve the small businesses, residents, and visitors who make Harbor Country thrive. Whether you're a local resident or a tourist discovering this community for the first time, this space will be a welcoming front door. Our Three Oaks main office will remain fully open and continue operating as usual, providing ongoing, uninterrupted service and support to our members."

Chamber leadership emphasized that the new office reflects a broader commitment to accessibility, collaboration, and proactive economic development. By sharing space with Cornerstone Alliance, the Chamber aims to strengthen partnerships, streamline resources, and enhance support for entrepreneurs and employers across the region.

"This shared satellite office is more than just a physical space," Bonkoske added. "It represents momentum, cooperation, and our shared belief in Harbor Country's future. We are pleased—and genuinely excited—about this new growth endeavor and what it means for our members and the community at large."

Cornerstone Alliance echoed that enthusiasm, noting that the downtown New Buffalo presence will expand outreach efforts and improve engagement with local stakeholders in the Harbor Country area.

The Harbor Country Chamber of Commerce extends its appreciation to CopperRock Construction's Executive Homes division for its generosity and vision in making this opportunity possible. The Chamber also looks forward to announcing additional details as opening day approaches. — STAFF REPORTS

To Your Health

COLUMN BY KAREN EDWARDS ND

BE PREPARED - NOT SCARED

We all see the writing on the wall. Gas prices skyrocketing, grocery prices increasing every time you shop, interest rates rising, economic issues, conflicts, global inflation, Artificial Intelligence systems and so on.

For all of us, it should be plenty reason to prepare. Also, we never know when electric will go out, labor shortages, or if a storm will shut down grocery stores. A lack of drivers, warehouse workers, or farmers can cause a Food Distribution Crisis, leading to empty store shelves even if the food exists elsewhere. Or a true food shortage.

Grocery stores operate on a short delivery model, meaning they usually only have enough stock to last about three days. When this system is interrupted, shelves can go empty quickly.

Panic buying is a natural human reaction. When people recognize a coming shortage, they "hoard purchase", which immediately exhausts the three day supply thatstores keep on hand. Do your stock up shopping before this becomes a problem. Also, when panic buying starts, prices usually increase ridiculously high.

Securing extra shelf stable groceries and commodities where you can, is very wise. Maybe in a week or two, prices will have already increased drastically on the item that you purchase regularly. We see it every time we go to the grocery store.

Don't waste money on survival food that you'll never eat. The most effective way to prep is to buy what you use.Every time you go to the store, buy one extra of a staple you use weekly. Peanut butter, coffee, etc.

Preparing and stocking up is essentially like buying an insurance policy for your daily life. Stocking up is not just for major disasters. It is just as important for minor disruptions like a sudden power outage, a bout of illnessthat keeps you from the store, or even a local water main break.

Road closures or injuries might also keep you confined at home. Having your own supplies ensures you can manage without immediate help. This is vital when emergency services are stretched thin.

Buying in bulk or when items are on sale saves money. If you wait until an emergency to buy what you need, those items may be unavailable and more expensive.

Grocery stores often run out of fresh foods first during a crisis. Store what you need, rather than just surviving on whatever is left on the grocery shelves. This is especially critical for those with special dietary needs, such as infants, the elderly, or people with allergies.

In an event that you could not get to a store for a while, think about back stock for your medicines and supplements as well. Experts suggest aiming to have enough needed food and medicine for at least one month.

Another thing that we must think about is water. If electric goes out, water supply is off too. Think about stocking some water for drinking and cooking.

Better to have extra stock and not need it, than to need it and not have it.

Disclaimer: Everything here is for nutritional education and is not meant to diagnose, treat prevent or cure. See your doctor when you have questions.

PET OF THE WEEK

ZURI

If you're good at giving belly rubs, Zuri will surely accept them. The is girl is two years old, weighs about 44 pounds, is spayed, and enjoys all the activities a two-year-old enjoys. Zuri has positive body language, knows how to sit and take treats respectfully. She may do well with cats, dogs her size or bigger, but a slow introduction to older children and men would be best. Get ready to snuggle, and to give all your love and affection. Make Zuri part of your home today.

AVAILABLE AT THE MICHIANA HUMANE SOCIETY

LOCAL INTELLIGENCE
New Buffalo Times
— SINCE 1942 —

7	3	2	9	4	5	8	1	6
8	1	9	2	7	6	3	5	4
5	6	4	8	1	3	9	7	2
1	9	3	4	6	8	7	2	5
4	5	7	3	2	9	6	8	1
6	2	8	1	5	7	4	9	3
2	8	5	7	3	4	1	6	9
9	4	6	5	8	1	2	3	7
3	7	1	6	9	2	5	4	8

A	L	S	■	■	M	O	A	T	■	E	D	H
W	A	N	T	■	S	A	B	E	■	P	U	A
B	R	A	E	■	F	R	U	M	P	I	S	H
■	■	P	R	A	■	■	S	P	E	C	K	S
H	A	P	P	E	N	■	E	L	D	■	■	■
U	B	I	■	S	I	B	■	E	A	G	R	E
L	E	N	T	■	C	W	T	■	L	E	E	S
A	L	G	O	L	■	C	E	A	■	N	B	A
■	■	■	B	O	P	■	C	A	D	E	A	U
B	E	F	I	T	S	■	■	F	A	R	■	■
S	T	A	T	I	O	N	S	■	N	A	R	E
C	A	L	■	O	R	E	S	■	S	T	O	T
P	T	A	■	N	A	Y	S	■	■	E	P	A

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Corrective Chiropractic joins forces with A Hot Place to Chill at Whittaker location

BY FRANCESCA SAGALA

It was 27 years ago when Dr. Bryan Strother and his wife, Rose, started Corrective Chiropractic in an old house at 1 Madison Street in New Buffalo.

Later, they added massage therapy on the lower level and decompression therapy. In 2021, they tried expanding the Madison Street location but outgrew it.

In 2023, they opened A Hot Place to Chill, which is located at 400 South Whittaker Street in New Buffalo.

"We've constantly talked about what can we create for people that's just bigger than what we had…We always in our minds thought, 'I want a place where people can come and do more things for themselves," Rose said.

Now, they've created that place by moving Corrective Chiropractic into the 400 South Whittaker building, right next to A Hot Place to Chill, ensuring that people can move freely between the clinic and recovery studio.

The new clinic boasts more "aesthetically pleasing" features, Dr. Bryan said, as they've opened the ceiling, as well as a larger adjustment area and technological upgrades.

The first exam room, Dr. Bryan said, is tailored for clients to undergo the testing process, which includes Surface Electromyography (sEMG); structural analysis, where clients are digitized "to what any kind of shift they may have;" foundational assessments using lasers on their arches and full physical exams.

Periodically, either some or all tests will be done on clients to assess their progress. Every three months, they'll return and full analysis will be performed.

"We do a full digital analysis of how their nervous system and their structure is functioning, so each room is built out that way to efficiently do that testing for them," Dr. Bryan said.

A new, high frequency X-ray can exam shoulders, hands, wrists, knees and hips, in addition to the spine.

"Our other examination is set up in kind of a mirror to where it's flipped over on the other side, but it has the same things," Dr. Bryan said.

Massage therapy is now on one floor, with a waiting area and restroom.

Rose said that most people who utilize A Hot Place to Chill, which is a separate business entity from Corrective Chiropractic, are on a "health journey."

"I feel these things we offer you can take your health into your own hands and say, 'I can do this stuff for me,' so all really great research outcomes, all really natural kind of services that you can just do for your health," she said.

For those in need of a relaxing break, there're chair massages and the spinal stretch table.

The NormaTec compression system is used for compression therapy. Rose said that people can put their legs, hips and arms up to air units, which will go through a cycle of inflating and deflating the sleeve, helping those with blood circulation problems.

Regarding the contrast therapy, Rose said sleeves for shoulders and knees alternate between heat and cold exposure electronically. The therapy is beneficial in decreasing swelling for those who've had surgery, such as a knee replacement.

There's a newer version of the power plate, which is a vibrational fitness machine, that has air tracks, which helps absorb the vibration when on the plate and reduce the stress on the joints.

The full body cryotherapy unit is kept at -110 degrees on average a day.

"Because it's so cold, all the blood's rushing from your extremities to your core to protect your vital organs – when that blood flows down, that's what helps push inflammation out of your body," Rose said, adding that it also boosts weight loss and energy levels.

There are two infrared saunas, with one that's kept at the highest temperature setting of 165 degrees all day. In the other is a smart tablet, with protocols that cycle through infrared rays at different intensity levels. The staff can set up different protocols, such as an anti-aging or a cardiovascular one, with each one having different temperature settings.

Regarding Red Light Therapy, which benefits skin health, there's now a four-wavelength panel in addition to the three-wavelength bed, and the addition of a five-wavelength one.

"These medical grade units, like ours are, have longer wavelengths so the higher the wavelength, the deeper inside the body it can go," Rose said.

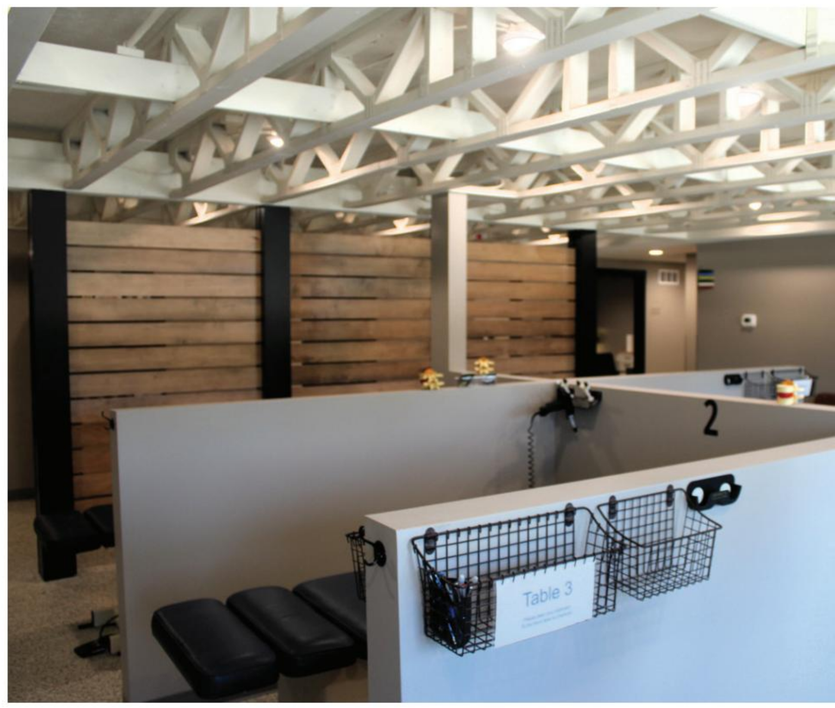
In keeping with the couple's mission to help people have a more proactive role in their health, Dr. Bryan said they hope to hold nutrition programs that would increase education and human interaction.

"We want to create a community lecture area, where people can hang out and we can cover topics and they can work together on getting better," he said.

For more information on memberships at A Hot Place to Chill, which is open seven days a week, visit www.ahotplacetochill.com. For more information on Corrective Chiropractic, which is open all day Monday, Wednesday and Thursday, Tuesday afternoon and Saturday mornings, visit www.newbuffalochiropractor.com.

Compression therapy is available in A Hot Place to Chill

Dr, Bryan and Rose Strother with their staff



The open ceiling at Corrective Chiropractic

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